

# Jalapeno Chicken

**Serves 4 | Prep/cooking time:  
Approximately 35 minutes**

**Ingredients:**

- 2 tsp. ground cinnamon
- 2 tsp. ground cumin
- 1 tsp. garlic powder
- 1 tsp. black pepper
- 1 lb. chicken breast tenders
- 1 cup chicken broth
- 2 tbsp. honey
- 2 limes, juiced
- 1 jalapeno pepper, minced (or more/less to taste)

**Directions:**

Preheat oven to 450 degrees. Lightly grease a baking sheet with cooking spray. Make rub by mixing cinnamon, chili powder, cumin, garlic powder and pepper together in a small bowl. Rub all over chicken tenders.

In a medium sauce pan over medium-high heat, mix chicken broth, honey, lime juice and jalapeno. Stir constantly until thickened, about 5 minutes.

Arrange chicken on baking sheet, pour sauce over to coat chicken, then bake for 20-25 minutes or until meat thermometer reads 165 degrees. Enjoy on its own or as taco meat!



**Zesty Dinner**

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